

TRACK & FIELD

TRACK INFORMATION

- + 8 lanes, inside lane is #1
- + Distance around track is 400 meters, 4 laps equals 1 mile
- + 18 events: 4 relays (400, 800, 1600, 3200), 8 running (100, 200, 400, 800, 1600, 3200, high hurdles, low/intermediate hurdles), 6 field events (triple jump, long jump, high jump, shot put, discus, pole vault)
- + Athlete can participate in 4 events maximum (3 field & 1 run/relay, 1 field & 3 run/relay, or 2 field & 2 run/relay)
- + Has been an Olympic sport since 1896 for men and 1928 for women
- + Games with the fundamentals of track & field were first formulated by the Greeks as far back as 776 B.C.

STARTS

- + **No** body part may touch the starting line
- + Commands are “**On your marks,**” “**Set,**” “**Go**”
- + **Staggered start** – a start with runners spaced apart from each other with lane 8 appearing to be the farthest ahead, distance run is equal due to curve of track, used for the 200, 400, and 800 meter sprints and in all relays
- + **Waterfall** – a curved line used to start the 1600, 3200 meter runs

RELAYS

- + Was taught that 1st & 3rd runners have baton in right hand and 2nd & 4th runners have baton in left hand
- + Baton must be passed and not thrown to next runner
- + 400 & 800 relays can use **Acceleration Zones**, area between a dot and a triangle
- + **Acceleration Zone** is a 10 meter area where 2nd, 3rd, & 4th relay runner may start running but cannot receive the baton in this area
- + **Exchange Zone** is a 20 meter area where the baton must be handed off to the next runner in a relay race, area between two triangles

SPRINTS

- + 100, 200, 400 meter dashes
- + Run in the same lane the entire race

DISTANCE

- + 800, 1600, 3200 meter runs
- + Run in lane 1 after a designated cut in

SHOT PUT

- + Put is made from within a 7 foot diameter circle
- + Boys throw a 12 lb. Shot, girls throw a 4k (8 lb. 13 oz.) Shot
- + Putter must stop once they enter the circle, may not step on or over stopboard

or painted circle, must exit through back half of circle under control after judge calls "MARK"

- + Put is a foul if shot touches the boundary lines

LONG JUMP

- + Jumper must run (the approach) and then start the jump from one of two take-off boards (painted markings) measured a distance of 8 or 12 feet from the sand
- + Measurement is taken from the edge of board closest to sand to the edge of the body's mark in sand closest to take-off board
- + Take-off foot may touch the board but cannot go over the board
- + When leaving sand pit, jumper must walk forward out of sand pit

TRIPLE JUMP

+ HOP, STEP, JUMP

- + Jumper must run (the approach) and then start the jump at one of four take-off boards (painted markings) from a distance of 24, 28, 32, or 36 feet from the sand
- + Measurement is taken from the edge of board closest to sand to the edge of the body's mark in sand closest to take-off board
- + Take-off foot may touch the board but cannot go over the board
- + When leaving sand pit, jumper must walk forward out of sand pit

HURDLES

- + Hurdler must attempt to jump or stride over each hurdle
- + Must not deliberately knock down a hurdle but hurdles may be knocked over
- + Boys 110 meter high hurdles are 39", boys 300 meter intermediate hurdles are 36"
- + Girls 100 meter high hurdles are 33", girls 300 meter intermediate hurdles are 30"

TERMS

- + **Acceleration Zones** – 10 meter area where the 2nd, 3rd, or 4th runner may start running prior to entering the exchange zone in a relay
- + **Anchor** – the last runner on a relay team
- + **Approach** – the run before a jumper takes off
- + **Baton** – the stick carried and passed by runners of a relay team
- + **Break Line** – runners must run in their assigned lane until they reach this designated line, used in the distance events and 1600 and 3200 meter relays
- + **Exchange Zone** – 20 meter area where the baton must be passed from one runner to the next runner on a relay team
- + **False Start** – making any movement while in the "Set" position prior to the gun firing
- + **Relay Leg** – distance which one member of a relay team must run
- + **Straightaway** – straight area on track between curves
- + **Takeoff Board** – board or mark where long or triple jumper takes off from
- + **Turn** – curved portion of track